



Yoga
Therapy
Foundations
for Mental
Health
Professionals

Ease
Mountain
Yoga &
Nourishing
Arts

Juko Holiday, Ph.D

2020

February 22
- October 12

Ben Lomond,
California

100-HOUR TRAINING

Yoga therapy applies the teachings and practices of yoga to the process of improving a client's health and well-being. This training focuses on using therapeutic yoga in the practice of psychotherapy, counseling, and related fields. It includes the development of a practicum project (e.g., a class, workshop, article, etc.) designed to help you apply the training to your professional life. The emphasis on the development of a manageable yoga practice you can commit to is designed to support your personal life and path.

The training group meets once a month from late February to mid-October in Ben Lomond, California. All levels of experience are welcome and all of the yoga postures we practice will be gentle and restorative.

Why Yoga?

Yoga address the whole person. Even though we specialize in the mind, we know it's futile to leave the body behind. Therapeutic yoga is the perfect container for practitioners who resonate with bio-psycho-social & spiritual theories about psychological balance, but would like clear tools to bring that stance into their clinical work.

Yoga Is the Most Widely-Used Mind-Body Practice in the United States

A study from the NIH in 2012 reported that an astonishing 9.5% of the population of the United States (21 Million People) reported using yoga, and a yoga industry report from 2016 put the number of yoga practitioners in the United States at 36.7 million. One in three Americans who haven't attended a class have tried some yoga on their own. Yoga has a strong association with decreased stress and improved well-being, and is now a well-established component of wellness culture in the US.

Yoga Works

In addition to the rich and robust Indian corpus of evidence that supports the therapeutic use of yoga, a growing body of literature from Western clinical research also points to the efficacy of yoga as a therapeutic tool with solid benefits and few side effects.

TRAINING OVERVIEW

Each Training Day, Expect a Combination of:

- Guided & Focused Centering
- Lecture & Reading Discussion
- Gentle & Restorative Yoga Practice
- Work in Pairs and Small Groups
- Time for Self-Reflection/Integration
- Group Reflections Focused on Integrating Yoga with Your Personal & Professional Path
- Introduction to Next Meeting Topic & Reading

◦ **80 hours of in-person training + 20 hours of independent study**

◦ **Practicum project**

◦ **20 class credits at Ease**

Attending public class offers the opportunity to explore the practice in community, observe boundaries, and explore individual variation.

Some of the topics we'll explore:

- Yoga in Historical & Cultural Context
- Yoga Nidra & Progressive Relaxation
- Practicing Restorative Yoga & Sharing it with Others
- Pranayama & Anatomy of the Breath
- Yogic Approaches to Death, Dying & Grief
- Yoga Ethics & Western Laws

- Applying Meditation Tools in Clinical Settings
- Working with Spiritual Emergence & Bypass
- Understanding Asana Families & Sequencing Principles
- Bringing Movement Into Therapy
- The Anatomy of The Nervous System in Yogic Context



STRUCTURED SELF-CARE

Mental health care professionals face a high degree of burnout and a serious lack of support to combat it. The pace, culture, and nature of the work we do make it easy to put ourselves last. As we navigate completing (and paying) for graduate school, the licensure process, putting together a viable career, and managing the risk of vicarious trauma, finding time and energy to tend to ourselves is difficult.

Working from a yoga-informed perspective folds self-care into the therapeutic process, so it's not just another task on our list.

Therapeutic yoga provides a structured system to respond to the stressors inherent in our work without losing focus on our clients. **It asks us to be with the people we consult with in a way that is mutually generative and restorative.** Deciding to work in this way has the potential to transform the professional - and, as the field grows - the profession.

Your training tuition includes 20 class credits at Ease Mountain Yoga, and each participant is asked to commit to a personal yoga practice of their choosing while in the training. Coming to classes at Ease or any studio setting is entirely optional, as there are many ways to practice yoga.



READING LIST

Yoga & Psyche

Marian Caplan

Mindfulness & Yoga for Self-Regulation: A Primer for Mental Health Professionals

Catherine P. Cook-Cottone

Living the Sutras: A Guide to Yoga Wisdom Beyond the Mat

Kelly DiNardo & Amy Pearce-Hayden

Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment

David Emerson

Light on Life

BKS Iyengar

Pranayama: A Path to Healing and Freedom

Allison Gemmel Laframboise

Restore & Rebalance: Yoga for Deep Relaxation

Judith Hanson Lasater

Why Zebras Don't Get Ulcers

Robert M. Sapolsky

Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing

Richard Miller

FAQS

Who is this training designed for?

This training is designed for people with a graduate-level (or equivalent) background in psychology or a related field who are interested in bringing yogic tools into their professional practice. It is for both licensed and pre-licensed practitioners. If you have questions about whether this training is right for you, feel free to contact Juko directly.

Do I need to have a lot of experience with physical yoga postures?

No, you don't. This training is for yoga practitioners of all levels, including absolute beginners who feel drawn to this topic. All of the movement we practice will be gentle and restorative, with modifications offered to make the postures accessible to each participant.

Does this training enable me to register with Yoga Alliance as a teacher?

If you combine it with my 100-hour teaching methods course, yes. With both courses, you will be eligible to register as an RYT 200. These courses can be taken at the same time or consecutively. At least one year of consistent yoga practice is required to enroll in yoga teaching methods.

Do you offer CEUs?

Not currently. I am in the application process, so this may change before or during the training.

Is there a credential that comes with this training?

This foundations course is a comprehensive training program for which you will receive a certificate after completion of the coursework and demonstration of attaining the course learning objectives during the practicum. It is designed to act as the foundations course for a 200-hour yoga teacher training (YTT) registered with Yoga Alliance. It is also the foundations course for a 500-Hour Therapeutic Yoga Specialist certification that is in development.

What is your policy on refunds?

I do not offer refunds, but am happy to issue a credit for later trainings, yoga classes, select wellness services, and workshops.

What are the training expectations for my personal yoga practice?

I ask you to have a daily yoga-informed practice in a style and duration of your choosing. Each participant is issued 20-non-transferable credits to Ease Mountain Yoga to support your mat practice if you'd like. The credits expire October 31, 2019.

DATES & COST

February 23 - October 8, 2020
8 Saturday Meetings & Closing 2-Day Weekend Intensive:

February 22

March 28

April 25

May 30

June 27

July 25

August 29

September 26
October 10 & 11

Optional **May 2** Field Trip with Other Ease Yoga Trainees to the
Bodyworlds Exhibit @ The Tech Museum in San Jose

Tuition: \$1,950

Scholarships & Payment Plans Available

Registration & More Information:

JukoHoliday.Com

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831-440-6970

ABOUT JUKO



Yoga Tx
for MHPs

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I'm Dr. Juko Holiday, owner and founder of Ease Mountain Yoga & Nourishing Arts.

My first job out of undergrad was teaching, and I have been an educator in various settings for over 25 years.

While working as an MFT intern at Women's Clinic in Los Angeles, I became curious about how tools like meditation might be integrated into psychotherapy. I enrolled in a doctoral program and completed a Ph.D in transpersonal psychology at ITP in Palo Alto, California, researching the impact of complementary tools on affective disorders. I am certified as a yoga therapist (C-IAYT).

I started my yoga practice in earnest in the late 1990s after moving to California from Ohio, and studied to become a yoga teacher with Mark Stephens at both the 200 and 500 hour levels. I am registered with

Yoga Alliance as an experienced yoga teacher, or E-RYT. I have taken advanced restorative yoga training with Judith Hansen Lasater and trained as a Compassionate Bereavement Care Yoga Provider (CBC-Y) with Karla Helbert and Dr. Joanne Cacciatore of the MISSFoundation in partnership with the Elizabeth Kubler-Ross Family Trust.

I live in a pair of tiny houses with my spouse and a rescued Chihuahua/Jack Russell Terrier named Little Dog. We share our 23-acre Redwood forest with a bevy of wildlife and delightfully tall trees.

Read more at: JukoHoliday.Com

